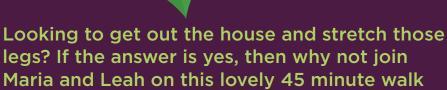


legs? If the answer is yes, then why not join Maria and Leah on this lovely 45 minute walk around the River Lee Country Park.

## Every Friday, 10-10.45am

**Meet at: Turnford Brook Car Park (River** Lee Country Park), Cheshunt Wash, Turnford, EN8 OLU.



**Active Herts** 

Your first step to a more active lifestyle

Terrain: Level footpath, access to park over railway bridge, no stairs/

steps.

Cost: FREE

Walk leader: Maria

Car parking: Parking is currently free but there could be some changes soon.

This is a scenic route where you can enjoy the local wildlife like muntjac, deer, birds and herons if you are lucky.

The walk terrain is flat and paved so it's ideal for all ages and slower walkers.

Please make sure to wear suitable footwear, comfortable trainers or walking boots would be ideal.



For more information on the walk, please contact Maria on 07780 652477.



